

THAI BEEF & CAULIFLOWER

Time: 30 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin coconut oil
6 cups cauliflower – pulsed to couscous consistency
½ teaspoon kosher salt
½ teaspoon fresh ground black pepper
1 pound extra-lean ground beef
1 teaspoon ginger – grated
1 jalapeño – seeded and finely chopped
6 green onions – sliced
6 large mint leaves – finely chopped
12 almonds – chopped
1½ tablespoons fish sauce
1 tablespoon fresh lime juice

Preparation:

Place a pan with the coconut oil on medium heat. When the oil is hot, add the cauliflower, salt and pepper, stirring occasionally for ten minutes or until just beginning to brown.

While the cauliflower is cooking, place a frying pan on medium-high heat. Add the beef, ginger and jalapeño, breaking apart the beef and cooking until browned.

Remove the beef from heat and stir in the remaining ingredients.

Plate the cauliflower topped with the beef mixture and serve immediately.

Nutritional Information Per Serving:

Calories: 235
Fat: 11g
Carbs: 9g
Fibre: 4g
Protein: 26g